

## Ulcerative colitis



Ulcerative colitis (UC) is an inflammatory bowel disease (IBD) in which the immune system reacts abnormally, causing inflammation and ulcers in the inner lining of the large intestine (colon and rectum).

### Symptoms

See your doctor if you experience any persistent changes in your bowel habits, such as:

- Bloody diarrhea
- Abdominal pain
- Fever
- Weight loss
- Fatigue
- Pain in the rectum
- Growth problems in children

### Types of ulcerative colitis

- **Ulcerative proctitis:** The inflammation is limited to the area near the anus (rectum).
- **Left-sided colitis:** The inflammation extends from the rectum to the sigmoid and descending colon.
- **Total colitis (Pancolitis):** This type usually affects the entire colon and causes bloody diarrhea attacks.

### Causes

At this time, the exact cause of ulcerative colitis is unknown. However, there are some factors that can aggravate the cause of this disease. These are the following: genetic characteristics and immune system problems.



### Risk factors

This disease occurs equally in women and men. Risk factors include:

- **Age:** Ulcerative colitis occurs mostly before age 30. However, it can appear at any age, and some people can develop it until after the age of 60.
- **Race or ethnicity:** Although white people are at higher risk for the disease, any race can develop it.
- **Family history:** If you have a close relative, such as parents, siblings, or children, with this disease, you are at higher risk.

### Diagnosis

Endoscopic procedures with tissue biopsy are the only way to diagnose ulcerative colitis. But there are other tests that can help rule out complications or other forms of inflammatory bowel disease. For example:

- Blood tests
- Stool studies
- Colonoscopy
- Flexible Sigmoidoscopy
- Radiographs
- CT scan
- Magnetic resonance enterography



## Treatment

Treatment for ulcerative colitis usually includes the use of several types of medications. These work to reduce



inflammation in the large intestine, suppress the immune system's

response, and manage symptoms or complications associated with the disease. In some cases, doctors may recommend a combination of several types of medications or surgery. They may also recommend having a colonoscopy more regularly to prevent colon cancer.

## Complications

Some of the complications of not completing the treatment of ulcerative colitis can be:

- Heavy bleeding
- Perforation in the colon
- Loss of red blood cells
- Rapid swelling of the colon
- Severe dehydration
- Inflammation in the joints and manifestations in the eyes and skin.



## Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or call the following phone lines:

### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

### APS Health

787-641-9133

### References:

<https://www.mayoclinic.org/es/diseases-conditions/ulcerative-colitis/symptoms-causes/syc-20353326>

[https://www.msmanuals.com/es/professional/trastornos-gastrointestinales/enfermedad-inflamatoria-intestinal-ibd/colitis-ulcerosa#Tratamiento\\_v894668\\_es](https://www.msmanuals.com/es/professional/trastornos-gastrointestinales/enfermedad-inflamatoria-intestinal-ibd/colitis-ulcerosa#Tratamiento_v894668_es)

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